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## MEDIA RELEASE

# SAN DIEGO MAKES LIST OF TOP TEN BEST FITNESS-WALKING CITIES NAMED BY *PREVENTION* AND AMERICAN PODIATRIC MEDICAL ASSOCIATION

New York, March 6, 2007 – *Prevention* magazine and the American Podiatric Medical Association (APMA) have teamed up once again to study the walkability of 100 of the country's most populated cities, but this year there's a new twist--*fitness*. Madison, WI, tops the list as the Best Fitness-Walking City in America, followed by Austin, TX, and San Francisco, CA. San Diego came in at number 7 thanks to its unique environment which provides for a variety of walking venues.

The Worst Fitness-Walking Cities are Newark, NJ; Laredo, TX; and Miami, FL, respectively. Researchers ranked 100 cities based on fitness-walker friendliness using comprehensive criteria, including new factors, such as walkable.org's list of walkable communities and the number of athletic shoes sold in a city, as well as the percentage of the adult population who walk for health, the accessibility of parks and more.

### Top 10 Best Fitness-Walking Cities of 2007

1. **Madison, WI:** Adopted a walker-friendly plan 10 years ago, and it shows.
2. **Austin, TX:** 50 trails, from a quarter to 10 miles long.
3. **San Francisco, CA:** The most parks per square mile.
4. **Charlotte, NC:** 40% of its residents walk for exercise.
5. **Seattle, WA:** Gorgeous views of Puget Sound and snowcapped mountains.
6. **Henderson, NV:** With an average yearly rainfall of 4.5 inches, you can walk everyday.
7. **San Diego, CA:** A unique choice of beach, desert and mountain routes.
8. **San Jose, CA:** Perfect walking weather; average temp 61 degrees and low humidity.
9. **Chandler, AZ:** 6.5 miles of traffic-free walking on its Paseo Trail.
10. **Virginia Beach, VA:** A low crime rate and a boardwalk allow safe, fun strolling.

The top-ten list is featured in the April issue of *Prevention*, the annual Walking Issue, on newsstands today. To see a full list of the city rankings and the study criteria, go to [www.prevention.com/cities](http://www.prevention.com/cities) or [apma.org](http://apma.org).

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